

BPWSOC April 2022 Newsletter

Business and Professional Women Southern Ocean County

April 2022 Newsletter

www.bpwsoc.org



Our Tuesday April 12th meeting will be at our new location, Buon Appetito, 745 Atlantic City Blvd, aka Route 9, Bayville, New Jersey starting at 6 PM with our meet and greet time, meeting starting at 6:30 PM. This is a BYOB restaurant.

Our guest speaker will be our new member Dawn Silvani. She will be speaking to us about different lines of insurance that are available to us that she deals with.

I wish to thank each of you for get well wishes, cards, texts and the fabulous gift basket of marvelous treats!!! It was quite a surprise that kept on giving for several days. Thank you again for your generosity.

Looking forward to seeing you all at our meeting,

Best,



[We are practicing Safety Guidelines for COVID 19](#)

Membership Dues are Due April 30th,
3 members have already paid/renewed - Thank you!

Membership Dues are (\$75.00) and renew or start each year in April - If you have friends/colleagues that are interested in joining, please invite them to our next meeting.

SEND YOUR CHECK PAYABLE TO: BPWSOC

BPWSOC

P.O. Box 722

Barneгат, NJ 08005

(or, you can mail it direct to Lisa's (our Treasurer) home address).

2022 Schedule:

April 12 - regular meeting, Buon Appetito, 745 Atlantic City Blvd.(Rt. 9), Bayville, NJ

May 10 - regular meeting (nominations for Officers/Scholarship Awards discussed).

June 14 - Placement of Officers and Scholarship Awards

Our "Holistic Fair"- September 2022 - Date TBD

(members are currently working on a date & venue)

ADDITIONAL EVENTS WILL BE ADDED AS THEY OCCUR

(Note: There will be Executive Board Meetings the week before each General Meeting, Date, time and place of these meetings will be announced prior to the monthly meeting.)

Reminder to "REMEMBER":

BRING YOUR BUSINESS INFORMATION FOR

NETWORKING

to Meetings & all Events!!!



Good and Welfare

We extend our best wishes to Cyndy Friedland

**Everyone can be vaccinated, if you wish.
Be Safe, be smart, be respectful & be kind to one another!**



www.BPWSOC.org



MEMBER BIRTHDAYS:

Kristen Gleason - April 2

Gail Rivell - April 23

If your birthday is in April and we missed you, please let us know. Happy Birthday!



*Our
Sunshine
Club*

This is where we send Sunshine to a Member/Members who has had a celebration, wishes to get well, or sympathy. (We want you to know, we are thinking of you, whether you are specifically mentioned or not)

Wishing Cyndy Friedland a speedy recovery from her knee replacement surgery..



"Do the best you can do until you know better Then when you know better, do better."
Maya Angelou



Rosie the Riveter is a cultural icon of the United States, representing the American women who worked in factories during World War II. Rosie the Riveter is commonly used as a symbol of feminism and women's economic power.



DEADLINE TO SUBMIT APPLICATIONS 4/30/22

Our Scholarship Applications for 2022 are available on our website. www.BPWSOC.org
You can [download and view an application](#) to prepare to apply (for 2022) on our website. Each year, applications must be received by April 30th to qualify for review.



Computer Tips:



Microsoft Account:

If you have a "Windows" (the Operating System developed by Microsoft) Computer, then you should have a Microsoft Account. Having a Microsoft Account allows you to have an all-access pass to Microsoft's services, ie... Outlook.com, Office 365, Skype, OneDrive, Xbox Live, Bing, Microsoft Store, Windows, or MSN. This lets you manage everything in one place (within the Account at Microsoft.com, Office.com, Live.com, (these are all Microsoft addresses), etc... Additionally, this is where you will manage your subscriptions and order history, you can organize your digital life, update your privacy and security settings, track the health and safety of your devices and get [Rewards \(rewards are fun\)](#). Everything, in your Microsoft Account stays with you in the Cloud (Microsoft's Cloud is called OneDrive) and across your devices. One account for everything (even if you have an iPhone, you can still have Microsoft products on it and access to them).

Thanks, and remember - due diligence, and be safe!

--

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

Thank you, Have a Wonderful Day!



NEED TO GET AWAY

If you are stressed and looking for a mini vacation to Long Beach Island, or have family or friends that are thinking of a local getaway, or a last minute family reunion, give me a call at 609-290-5040 or e-mail me at Cyndyonlbi@comcast.net: it would be my pleasure to assist you in locating a rental property on Long Beach Island! There are still homes available, so don't hesitate to contact me. Cyndy Friedland

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"If you know someone going through a break up or in recovery, please send them my way. I can help them reclaim their power and heal their inner turmoil with my self-love techniques and essential oils."

And, if you need help staying positive during this challenging time or know someone who is affected by the coronavirus, please check out these uplifting ideas and my anti-viral oil - to help them recover faster.

Go to: <https://dc-aroma.com/blogs/news/need-support-during-this-challenging-time>

Journey into JOY™



with **Jakki Gioia**, BFA, SLC, LMT

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journeyintoy.com

YouTube: Journey into Joy

jakkigioia@journeyintoy.com

Manahawkin, NJ

855-206-HEAL (4325)

"Be Nice to Yourself!"



Reading Corner

Author: Kristin Hannah

Title Home Front

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin Sullivan is Past President of BPWSOC

Members! feel free to send us something you would like to add to the Newsletter

Promoting
Healthy
Living

Health Tip from Gina Dinkey

Some ways we can lift each other up and spread cheer. Can you think of any more?

Lending a listening ear or sounding board to bounce ideas

Gesture of just saying hello or a smile

Mentioning a self-care class, hiking or biking event

Could be learning something new/taking a class and then teaching to others

Providing a book recommendation or trading copies

Calling, texting or emailing for a coffee meetup, meal or drink

Reference songs that highlight a meaningful memory

Pointing out a good sale item either online or a sign at a store

Trying the latest new menu item and giving feedback

Binge worthy netflix or other streaming service movie/series

Suggesting a super supportive bra or pair of leggings

Venting on work drama

Old fashioned, hearty hug now that we can do that again



 Image

Friends,

I've been around the Senate long enough to know that passing truly transformational legislation can be a painstakingly slow process. Most weeks, we're lucky if we can get just one or two signature pieces of legislation across the finish line in between our committee meetings and

negotiations, holding oversight hearings, performing our advice and consent role on the President's nominees and all of our other duties representing you in Washington. But this was a truly monumental week where we were able to pass **FIVE** life-changing pieces of legislation, and I want to spend a few minutes walking through each of them.

First, on Monday night, the Senate [voted unanimously to pass the Emmett Till Antilynching Act](#), officially making lynching a federal hate crime for the first time in U.S. history. To be clear, this never should have taken this long or been this much of a struggle. Congress has been working to pass some form of antilynching legislation for more than a century. But thanks to the relentless efforts of Senator Booker and others, we finally sent this long-overdue legislation to the President's desk.

On Tuesday, we passed another key piece of legislation that is going to have a direct impact on your day-to-day life — [the Postal Service Reform Act](#). This bipartisan legislation addresses many of the concerns you raised in letters and calls and guarantees six-day-a-week mail service, provides greater transparency into the Postal Service's performance, and removes the requirement that USPS prepay its employees' retirement health benefits. Together, these changes will instantly put the Postal Service on a more sound financial footing and ensure that it has the resources to deliver the service you deserve.

Finally, I want to highlight three key aspects of the government funding bill crafted by Democrats and signed into law by the President on Friday.

For starters, the bill includes significant investments in programs to support hardworking families, protect communities, and ensure every child has a chance to succeed. Senator Booker and I personally fought to include more than \$232 million in funding in the bill designed exclusively for community projects across our state that will create good-paying jobs, lower costs, and tackle some of the most pressing issues facing New Jersey families such as access to child care and higher education, affordable housing, and reliable and safe transportation. You can read more about these programs [HERE](#).

I'm also thrilled that this bill reauthorized the Violence Against Women Act (VAWA) for the first time since 2013. Before VAWA, many who suffered from domestic violence suffered in silence because of a lack of funding for programs specifically designed to address the needs of survivors. Thankfully, when President Biden signed this bill, he restored critical protections that help survivors and hold abusers accountable for their actions.

And lastly, as Chairman of the Senate Foreign Relations Committee, I worked with my colleagues to ensure that this package also included \$13.6 billion in emergency defense and humanitarian assistance for Ukraine and our NATO allies in their continued response to Putin's illegal and unjust war in Ukraine.

By all measures, this was a tremendously productive week in the Senate. I hope we can continue coming together in the weeks ahead to lower costs and address the everyday issues affecting you and your family.

If you're not already, make sure to follow me on [Twitter](#), [Instagram](#), and [Facebook](#) to stay up to date on what's happening in New Jersey and the Capitol, and stay tuned for future emails with more opportunities to share your thoughts with me.

Until next time!

 Image



Jersey City

210 Hudson Street - Harborside 3, Suite 1000
Jersey City, New Jersey 07311
973.645.3030 (office) | 201 .434.9272 (fax)

Barrington

208 White Horse Pike, Suite 18
Barrington, New Jersey 08007
856.757.5353 (office) | 856.546.1526 (fax)

Washington

528 Hart Senate Office Building
Washington, D.C. 20510
202.224.4744 (office) | 202.228.2197 (fax)

We'll be sending you regular updates from the office, on what's happening in New Jersey and on Capitol Hill.

To unsubscribe, [Opt-out of future updates from Senator Menendez here.](#)



I know you're busy, so I'll get straight to the point – **our Democratic majorities are at risk**. The 2022 midterm elections are rapidly approaching, and if we want to keep moving forward as a nation we must do everything we can to sustain our momentum.

That's why I'm calling on *you* to lend your support to Senator Cortez Masto today. Nevada's Senate race is critical to holding on to our majority in the Senate. It's the difference between passing comprehensive voting rights legislation, securing bold and inclusive immigration reform, and accessible, affordable health care – *or just letting it all die on the hill.*



[Senator Cortez Masto is a strong advocate for working families, a trailblazer for the Latino community, and a staunch defender of victims' rights. She is the leader Nevadans, and Americans everywhere deserve. Carol, chip in \\$5 RIGHT NOW to split a donation and ensure Senator Cortez Masto can defend her seat this November.](#)

Our track record speaks for itself. In the last year, we've passed the American Rescue Plan, the bipartisan Infrastructure Investment and Jobs Act, the long overdue Emmett Till Anti-Lynching Act, the Ending Forced Arbitration of Sexual Assault and Sexual Harassment Act, and the 2022 federal spending bill which delivers critical investments in communities all across the nation.

But our work is far from over.

[Senator Cortez Masto's race could make all the difference. So please if you're able, chip in \\$5 or whatever you can so we can keep securing victories for our communities. And, give everyone the tools they need to thrive and succeed.](#)

Thank you for your support.

– Bob Menendez



March 15th marks the date that women must work into 2022 to finally reach the pay men received last year.

We've long known that on average, women in the workforce take home less than men—an average of 83 percent—and that many women of color are paid far less. Historically, Equal Pay Day has been calculated using data on full-time, year-round workers based on U.S. Census figures. But the COVID-19 pandemic highlighted and exacerbated existing economic inequalities, therefore it is time to evolve how we talk about Equal Pay Day.

What is new this year? Women over the past two years, especially women of color, were

pushed into part-time or seasonal work, or out of the workforce all together. Because of this, past methods of calculating the wage gap fell short of accurately capturing the full picture. For 2022, the Equal Pay Day coalition has adopted a new, more inclusive methodology. This encompasses a broader cross-section of women, including those who work part time or seasonally, to represent a more accurate picture of how the gender pay gap impacts diverse communities.

How you can help: The bipartisan Paycheck Fairness Act—which passed the U.S. House of Representatives in 2021—needs your support to reach the finish line. The Senate must move this bill forward to ensure all women have the tools they need to challenge discrimination and all employers have the incentives they need to comply with the law. To make equality a reality, we need you.

Mark Equal Pay Day and [support the Paycheck Fairness Act now!](#)

Take Action



Gloria Blackwell

Gloria L. Blackwell
Chief Executive Officer

Every U.S. state has a gender pay gap, and some are wider than others. **Download your state's policy guide by clicking on your state in the map below.** Share this information with state and federal legislators as a call to action for stronger laws, use it to educate folks in your community about the gender pay gap, and share it with your online networks.

[Click here for the full article](#)

When women
support each other,
incredible things
happen.



Come out, join us and bring a friend....

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Our mailing address is:

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www.BPWSOC.org